






# SENIOR COMMUNITY CAFÉ CONGREGATE CALENDAR-JANUARY-2016



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
4	Russian Cabbage Soup Kielbasa Pierogies in Onion Butter Sauce Sauerkraut Oatnut Bread Pineapple Tidbits	5	Lemon Baked Chicken Confetti Rice Capri Blend Vegetables Wheat Dinner Roll Fresh Fruit	6	<b>NATIONAL BEAN DAY</b> Orange Juice Buttercrumb Fish Filet On Multi-Grain Bun Baked Beans Red/Green Cabbage Coleslaw w/Shredded Carrots Apple Strudel Stick	7	Farmer Brown Soup Roast Pork Loin w/Vegetable Gravy Cut-Up Sweet Potatoes Saltines Beets Fresh Fruit	8	American Chop Suey Tossed Salad w/Cherry Tomatoes & Cucumbers Italian Dressing Green Cut Beans Club Roll Mixed Fruit
11	Autumn Soup Salisbury Steak w/Vegetable Gravy Garlic Smashed Potatoes California Blend Vegetables Saltines 100% Whole Wheat Bread Sliced Apples	12	Orange Juice Turkey Stew w/Extra Potatoes & Vegetables Brussel Sprouts Homemade Biscuit Apple/Peach Crisp	13	Baked Ham w/Raisin Sauce Oriental Rice Broccoli Normandy 12-Grain Bread Sliced Peaches & Pears	14	Hearty Vegetable Soup Chicken Salad on Croissant Sweet Potato Fries Leaf Lettuce Sliced Tomatoes Tropical Fruit	15	Carbonara (Ham & Bacon) Sauce Over Faralle Noodles Italian Mixed Vegetables Wheat Dinner Roll Fresh Orange
18	<b>CLOSED IN OBSERVANCE OF MARTIN LUTHER KING DAY</b>	19	Breaded Crumb Fish Filet Mashed Potatoes Prince Edward Blend Vegetables 100% Whole Wheat Bread Mixed Fruit	20	Chicken Brunswick Stew w/Potatoes Whole Baby Carrots Mixed Salad Greens/Tomatoes & Cucumbers Italian Dressing Homemade Biscuit Fresh Fruit	21	Mock Beef Stroganoff Parslied Egg Noodles California Blend Vegetables Oatnut Bread Sliced Apples	22	Orange-Pineapple Juice Apple Glazed Roast Pork Loin Scalloped Potatoes Spinach Rye Bread Ice Cream Cup
25	Turkey Meatballs in Sweet & Sour Sauce Fluffy White Rice Vegetable Medley 12-Grain Bread Pineapple Tidbits	26	Macaroni & Cheese Stewed Tomatoes & Zucchini Mixed Salad Greens w/Cucumbers & Cherry Tom. Raspberry Vinaigrette Dressing Wheat Dinner Roll Fresh Fruit	27	Stuffed Green Pepper w/Rice & Meat Sauce Caribbean Blend Vegetables 100% Whole Wheat Bread Fruit Cocktail	28	Orange Juice Chicken Cacciatore Penne w/Tomato Basil Sauce Italian Mixed Vegetables Italian Bread Homemade Cookie	29	Roast Beef w/Vegetable Gravy Garlic Smashed Potatoes Sliced Carrots Oatnut Bread Pineapple Tidbits
									

Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of **age or older and their spouses.**

All meals are served with milk, bread and margarine. **DONATIONS: \$2.50 (or whatever you can afford)**